



LARYNGITIS IN CHILDREN

What you need to know

Have you seen the doctor and received a diagnosis of laryngitis, or did you see the triage nurse in Emergency and decide to leave without seeing the doctor, but your child is showing symptoms of laryngitis? This leaflet is intended to inform you about the disease.

What is laryngitis?

The larynx is located in the upper respiratory tract and houses the vocal cords. It is involved in vocal sounds, breathing and swallowing (deglutition). Inflammation (swelling) of the larynx is known as laryngitis or croup. Most of the time, laryngitis is caused by a virus.

Because their airways are smaller, children under 6, especially those aged 6 to 36 months, are most at risk for laryngitis.

What are the signs and symptoms?

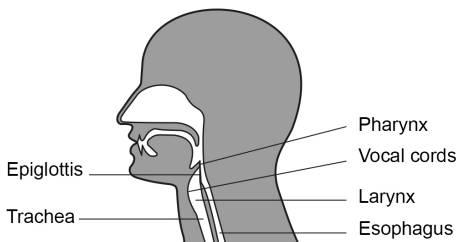
- Soreness and redness in the throat
- Hoarse voice or inability to speak
- Mild fever (under 39°C or 102.2°F)
- Barking cough like a dog, especially at night or when lying down
- Muscle ache that may vary in intensity (ache in the muscles used in laboured breathing, such as muscles between the ribs, near the clavicle (collar bone), or in the abdomen)
- Stridor (noisy, high-pitched breathing)
- Fatigue/anxiety
- Nasal flow

What is the duration of the disease?

Laryngitis usually lasts between 3 to 7 days.

Prevention

Contagion occurs the same way as with a cold. The best way to avoid contracting the disease is to avoid contact with contaminated people and to wash your hands frequently.





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Antibiotics are not needed in cases of viral laryngitis.

How can you help your child?

- Stay calm and reassure your child
- Elevate the head of their bed
- If a fit of stridor (barking cough) occurs, **expose your child to cool air** for at least 15 minutes—for example:
 - Summer: expose your child to air conditioning in the house or car
 - Winter: dress your child well and take them outside
- Administer **acetaminophen or ibuprofen**, using the recommended dosage on the label to relieve fever and discomfort. **Do not give ibuprofen to a child under 6 months of age or to a child who does not hydrate well**
- Avoid cough syrups
- Stimulate hydration by administering plenty of fluids
- Administer nasal irrigation with saline water if needed for congestion

When should I seek a consultation?

Consult **Info-Santé (811)** or a doctor if your child has the following signs and symptoms:

- Fever (over 38.5°C or 101.3°F) for more than 72 hours
- Stridor at rest that persists despite exposure to cool air for 15 minutes
- Muscle ache while at rest
- Difficulty swallowing saliva or abundant salivation
- Bluish fingers or lips
- Lethargy (decrease in general energy)
- Decrease in feedings or in urination

References

Acute Management of croup in the emergency department (Canadian Paediatric Society, 2016)
<http://www.cps.ca/en/documents/position/acute-management-of-croup>

Take croup outside (Montreal Children's Hospital)
<https://www.hopitalpourenfants.com/infos-sante/pathologies-et-maladies/percer-les-secrets-du-croup>

Croup (laryngitis) (Canadian Paediatric Society, 2014)
<http://www.soinsdenosenfants.cps.ca/handouts/croup>

Qu'est-ce que la laryngite – Information destinée aux parents (CHU Sainte-Justine, 2016)
https://www.chusj.org/getmedia/24c5f255-02bd-43f8-a8c3-6098bc9cee69/depliant_F-854_la-laryngite_FR.pdf.aspx?ext=.pdf

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.